





What are the things in the photo?

What are they for?

Vocabularies

- **Cryotherapy** (n) /ˌkraɪ.əʊˈθer.ə.pi/
 - a. injury to someone caused by severe cold, usually to their toes, fingers, ears, or nose
- **metabolism** (n) məˈtæbəˌlɪzəm
 - b. a room used for a special or official purpose
- **Submerge** (v) səbˈmɜːrs
 - c. the use of extreme cold in surgery or other medical treatment.
- **Celsius** (n) sɛlsiəs
 - d. continuing to exist or wanting to continue to exist
- **Survival** (n) sərˈvaɪvəl
 - e. all the chemical processes in your body, especially those that cause food to be used for energy and growth
- **Enrich** (v) ɛnˈrɪʃ
- **bathing suit** (n) ˈbeɪðɪŋ su:t
- **acute** (adj) ˈ /əˈkju:t/
- **frostbite** (n) ˈfrɒstˌbaɪt

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f. the use of extreme cold in surgery or other medical treatment.

g. to improve the quality of something by adding something else

h. cover completely

l. a measurement of temperature on a standard in which 0° is the temperature at which water freezes, and 100° the temperature at which it boils





Cryotherapy – level 3



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Level 1

Level 2

Level 3

Whole Body Cryotherapy is New York's latest health and fitness trend, which is meant to boost **metabolism** and help the body heal itself.

The treatment, which people developed in Japan and people have used in parts of Europe for about twenty years, means that you have to **submerge** yourself in extremely low temperatures of -130 degrees Celsius.

Cryotherapy works by making the brain believe that the body is freezing, which then goes into survival mode and begins to send blood, enriched with oxygen, enzymes and nutrients, to the body's core.

In one of New York's spa, customers pay about 90 US dollars for a three-minute treatment. They wear a bathing suit, socks and gloves to protect themselves from acute frostbite while liquid nitrogen is used to cool the air in the chamber.

QUICK CHECK

True or False

1. Whole Body Cryotherapy the world's latest health and fitness trend.
2. This treatment was developed by America and have used in parts of Europe for about 30 years.
3. Cryotherapy works by making the brain disbelieve that the body is freezing.
4. Customers pay about 90 US dollars for a 3-minute treatment in one of the spa in New Jersey.

Questions and Answers

1. What does Cryotherapy boost?
2. What do you have to do in this treatment?
3. Why do people have to wear bathing suits, socks and gloves?
4. How does cryotherapy work?

Conversation Questions

1. Are there any spa near your community? Please describe it.
2. Do you go to spa? how often?
3. Have you experienced frostbite? How did it heal?
4. Do you know any other special treatment to cure a certain disease?
5. Have you ever been under a therapy? How did it help you?